

# ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

## Morocco Kayak Clinic

Who wants to swim in a freezing river at home when you can practice your skills or learn to kayak from scratch in the beautiful warm surroundings of Morocco? And with some of the best qualified and experienced kayak instructors available to teach you, there is no good excuse not to. Smooth warm waters, beautiful sunshine and magnificent red ochre cliff faces surround you as you ease into your kayak sessions learning basic strokes, Eskimo rolls and technical manoeuvres. Before you know it you'll be paddling through the exhilarating rapids like a pro and returning home a fully-fledged kayaker with a great tan to finish it off!

### Your Itinerary

#### Day 1:

Flights generally arrive into Marrakech in the evening. You will be met at the airport by one of the guides who will take you to your hotel and make sure that you get settled in. Then it's out to explore the local restaurants and culture. (No meals included)

#### Day 2:

We enjoy a hearty breakfast at our hotel, and then board our 4 wheel drive vehicles bound for the heart of the Atlas Mountains. We drive from Marrakech northward toward the middle Atlas Mountains. We stop in stunning olive groves for a sumptuous lunch and drive towards Bin el Ouidane, a spectacular lake where we will base ourselves for the next 2 nights. We set up our camp and then outfit our boats with hip pads and foam to make them just right for us. As the sun departs behind the mountains we all head out for a spectacular flat water paddle on the lake.

#### Day 3:

After breakfast the teaching begins! We don all our kayaking equipment and we start on the basics, teaching you water exits out of your boat, as well as how to hold your paddle and how to do basic support strokes. For those who would like to and are progressing, we will teach you how to Eskimo roll. Please note, this is not essential to starting the river portion of the trip, and we would much rather you had all the support strokes mastered first. We enjoy lunch in style amidst the stunning scenery and then drive further into the Atlas Mountains. We cross the river just past Tilouguite and drive a little further to a beautiful campsite.

#### Day 4:

After breakfast we spend the morning practicing support strokes and doing more 'roll' practice. We then go on to tackle our first river kayaking of the trip. We head upstream for a great practice paddle and then the afternoon is yours. Explore the spectacular area, the famous home of the Berber tribes people and walk into the nearby mountains or have a game of volleyball on the beach!

#### Day 5:

First we paddle the relatively flat section of river that is downstream from camp and then we load the cataraft with the rest of our equipment and take on some of the rapids. It will be a short day as we practice stopping and 'eddying out' – giving you more and more confidence on the river.

#### Day 6:

We paddle through Tilouguite. After lunch we will practice new skills before we hit 'Barking dog camp' where we will spend the night camping amongst cedar trees on the side of the river.

### Day 7:

After a filling breakfast of fresh local foods and juices, we take on some great whitewater today. Plenty of paddling, practicing our new-found skills and glancing around at the most gorgeous of areas. With a maximum ratio of 4 paddlers to 1 instructor, you will have a great deal of time to improve your kayaking technique and also time to work on 'unperfected' areas. The rapids on this river are not large, but instead are perfect for learning with small wave trains and lots of 'eddies' to practice stopping in. En route we will stop at a stunning spot for lunch and perhaps have the chance to walk above the river and take in the views or visit one of the local Kasbahs. We pull into camp early, enjoy riverside sundowners and start preparing dinner with more sundowners!

### Day 8:

Today sees more roller coaster rapids as we head further down river. Our day is punctuated by a relaxing lunch and swim in the crystal clear waters. We kayak little more than 4-5 hours per day, leaving plenty of time to go and explore nearby villages, or just sit around with your fellow kayakers and discuss the day! Today we will also spend time on safety issues such as how to rescue a fellow paddler using your boat, as well as throw bag techniques and covering all safety issues. Tonight's campsite is in a stunning canyon!  
(Included: All meals Days 2-8)

### Day 9:

On the last day we finish off with a few fun rapids and then paddle towards Lake Bin El Ouidane where we will meet our motor boat and get towed over the lake relaxing and drinking a beer or 2! We pack up our vehicles and take a gorgeous scenic drive through the High Atlas Mountains and southward where we stop at the beautiful Cascades for lunch and a swim. We arrive late afternoon and enjoy our first chance to explore the souks of Djemaa el Fna.  
(Included: Breakfast and Lunch)

### Day 10:

Djemaa el Fna is the focal point of Marrakech - a huge square in the old part of Town. Although it is a lively place at any time of day it really comes into its own in the evening with rows of open air food stalls set up and mouth watering aromas filling the square. Jugglers, story tellers, snake charmers, magicians and acrobats take over the rest of the space, surrounded by jostling spectators.  
(Included: Breakfast Day 10)

### Day 11:

Flights normally leave Marrakech early morning, so there will be a chance to do that last minute shopping for those of you who have not quite had enough retail therapy. We will then drive you to the airport for your journey home.  
(Included: Breakfast Day 11)

## Holiday Options

So, not quite ready to return home and want to explore the wonders of Mystical Morocco a little further? Read on as we will send you to explore some exciting or perhaps more sedentary activities for you to top off your great adventure with us. If you would like further details on this please feel free to contact us here or perhaps check out the Lonely Planet on Morocco.

### Hiking and Trekking

With its four mountain Ranges, a dozen summits over 4000 metres high, 400 over 3000 metres, and all of them accessible to people in good physical condition, Morocco offers exceptional hiking opportunities.

The Moroccan mountains are beautiful and wild, yet they are well organised for hikers with qualified guides, should you require them.

### Sporting Facilities

Whatever your sporting preference, whether it be a relaxing game of golf, perhaps a quiet horse ride, or even a windsurf or kitesurf on the Atlantic Coast, there are plenty of activities to satisfy the most avid sporting buff!

### The Sahara

Perhaps we can tempt you with a trip to the sands of the Sahara desert.

Leave from Ouarzazate or Er Rachidia to discover the Moroccan deep south. Burning sands, snowy peaks and plunging canyons along the Draa, Dades and Ziz Valleys, and everywhere the sumptuous Kasbahs - fairytale cities built of earth. People come to Morocco just to do this Sahara trip.

### Life's A Beach!

Okay, so you've had the active part of your holiday and you just want to take it easy enjoying the gorgeous beaches that adorn the Mediterranean and Atlantic coasts of Morocco.

Agadir and the Souss is a great area for those who love holidays by the sea with all the extras. You will find a sublime beach 10 kilometres long in Agadir, with first rate hotels (cheaper options too) and all the sports facilities and night-time entertainment to conclude your trip to Mystical Morocco!

There are plenty of other activities from hot air balloon rides to relaxing in the soothing waters of Moulay Yacoub in a health spa. Whatever you are interested in we will try and provide details and make reservations for you. Just remember that Moroccan tourist areas are very popular destinations and things do book up well in advance.

## The Details

### What Is Included:

- Transfers to and from Marrakech Airport to the hotel. If you provide us with your arrival details we will meet you at the airport. We request that you are there on Day 1, the day before your kayaking trip departs (as described above).
- Accommodation the night before and for 2 nights after the river trip in a tourist hotel. This will be on a share twin basis with somebody else on the trip.
- All transfers to and from the river.
- All meals from breakfast on Day 2 to lunch on Day 9 plus breakfasts Days 10-11. We can cater for any dietary requests, just let us know.
- All kayaking equipment, including the best in kayaks, buoyancy aids, helmets, spray decks and cags.
- Tented accommodation whilst on the river.
- All camping equipment including thermarest style mattresses and chairs (sleeping bags *excluded*).
- Qualified and experienced instructors. We have a mixture of local and overseas guides who are extremely professional and are some of the most experienced guides in the world. These guys and girls make every effort to make your trip memorable and fun for you whilst at the same time ensuring your safety. They all hold advanced first aid qualifications and in the unlikely event of an injury they have the expertise and professionalism to deal with it.
- All necessary permits and licenses.
- A very cool AdventureX T-shirt!

*Please Note:* Not included are flights, visas, departure taxes, travel insurance, inoculations, sleeping bags, video or dvd of your trip, alcohol, personal items or gratuities. You will also need to budget for meals in town which are not included in the price and any extra accommodation outside what is provided.

### **Getting There and Away:**

If you have any queries or need a hand at all in arranging your flights, please give us a shout. There are multiple options including Royal Air Maroc out of Heathrow, or even Easy jet for a cheap and easy flight. The return flight is a morning departure out of Marrakech with an afternoon arrival into Heathrow.

There are lots of options available so be it a flight from another airport in the UK, Europe or USA we will give you advice on what is the best deal around and help you with your booking.

### **Visa Requirements:**

Normally you can enter Morocco with a minimum of formalities. Visas are not required for British citizens – however if you are of any other origin please contact us as an entry visa from the Moroccan Embassy may be required. A passport valid for at least 6 months is required for entry.

### **Jabs:**

Morocco is relatively disease free, although Certificates of Inoculation for Cholera are required by those travellers arriving from infected areas. No other vaccinations are compulsory, although we would recommend consulting your GP or specialist vaccination centre. They may suggest that you get up to date against Polio and Tetanus.

You should take care when drinking water especially ice. Reputable brands of sealed bottled water are usually fine, just make sure they are sealed! All the water on the trip is treated so you won't have to worry there, but just keep an eye on it when we are in towns. Anti malarial medication is not necessary.

### **Exchange Rates:**

The current rates for the American dollar to the Moroccan Dirham is around 1:9 and for the GBP to the Moroccan Dirham is around 1:16. So the place remains quite good value. However prices generally vary between the local and tourist price. To give you idea how far your money will go, a meal in a medium range restaurant will cost around Dr70 and a more upmarket place for around Dr150 including wine. You can easily exchange money in banks. Tipping and bargaining are an integral part of Moroccan life. Generally a 10% tip should be left after a meal. Bargaining is great fun and generally a very social event in Morocco, with the merchant generally sitting down and enjoying a cup of the traditional mint tea with you.

### **Retail Therapy Options:**

Strolling through the souks is a wonderful feast for the senses. Whether you are looking for a ring, a carpet, a pair of slippers or a wicker basket, it will certainly be a rewarding and humorous experience. Every region has its specialties and the markets are packed full of craft souks.

### **Climate:**

The geological variety of Morocco gives a wide range of climatic conditions. Be prepared, because almost anything can happen. As we are kayaking in the Atlas Mountains it can get cool in the evening and it is a good idea to bring a reasonably warm sleeping bag and also a fleece jacket and some long pants. During the day temperatures are relatively warm whilst we are on the river and the kayaking gear that we provide will be fine. We suggest maybe bringing a thermal top though if you are susceptible to feeling the cold. On average at this time of year you can expect temperatures of 24 - 32 degrees Celsius. Rain is also a possibility although not likely.

### **Fitness and Safety:**

There are no special fitness requirements for this Kayaking trip, the main thing recommended is a sense of adventure! The minimum age for this trip is 16 years and there is no upper age limit providing that you are in reasonable physical shape and you are aware of the rigours of a whitewater kayak expedition in a foreign country. Please make a point of telling us if you have any medical conditions or allergies or are on any medication that you think we should be aware of. Safety is our foremost consideration at all times whether on or off the river. We are out there for a great time and we want you to feel comfortable in your new environment.

### **Dress Code:**

The dress code in and around the town of Marrakech remains fairly casual. Lightweight casual clothes are recommended during the day. On the river you will require little more than a bathing costume, shorts and a pair of Teva sandals or wet shoes – we will provide the kayak attire. Women should be aware that in country areas they should keep their legs, shoulders and upper arms covered and avoid skin tight clothing as this will attract unwanted attention and is considered inappropriate wear in the Muslim religion.

### **Personal Equipment:**

After years on the river the guides have found exactly what is necessary to feel comfortable kayaking by day, cosy around the camp at night and totally in style in town before and after the trip. Therefore our equipment list will mean that you will be perfectly attired and outfitted for your whole trip and well under the baggage allowance. A full list of what we recommend will be sent to you after your booking confirmation. We find that most people already have in their possession what is needed for a kayaking trip and very little if anything in specialised equipment needs to be bought.

### **Finally...**

Please remember that things do change, prices go up and down, activities stop running or change format and weather can send the best laid plans out the door. AdventureX will do its best to provide what is described above but please take into consideration the nature of the journey that you are embarking on and the country that you are travelling in and understand that a certain degree of flexibility is necessary!

Morocco provides the perfect excuse to learn a great new skill in spectacular sunny surroundings! Pack your bags and we'll see you there!